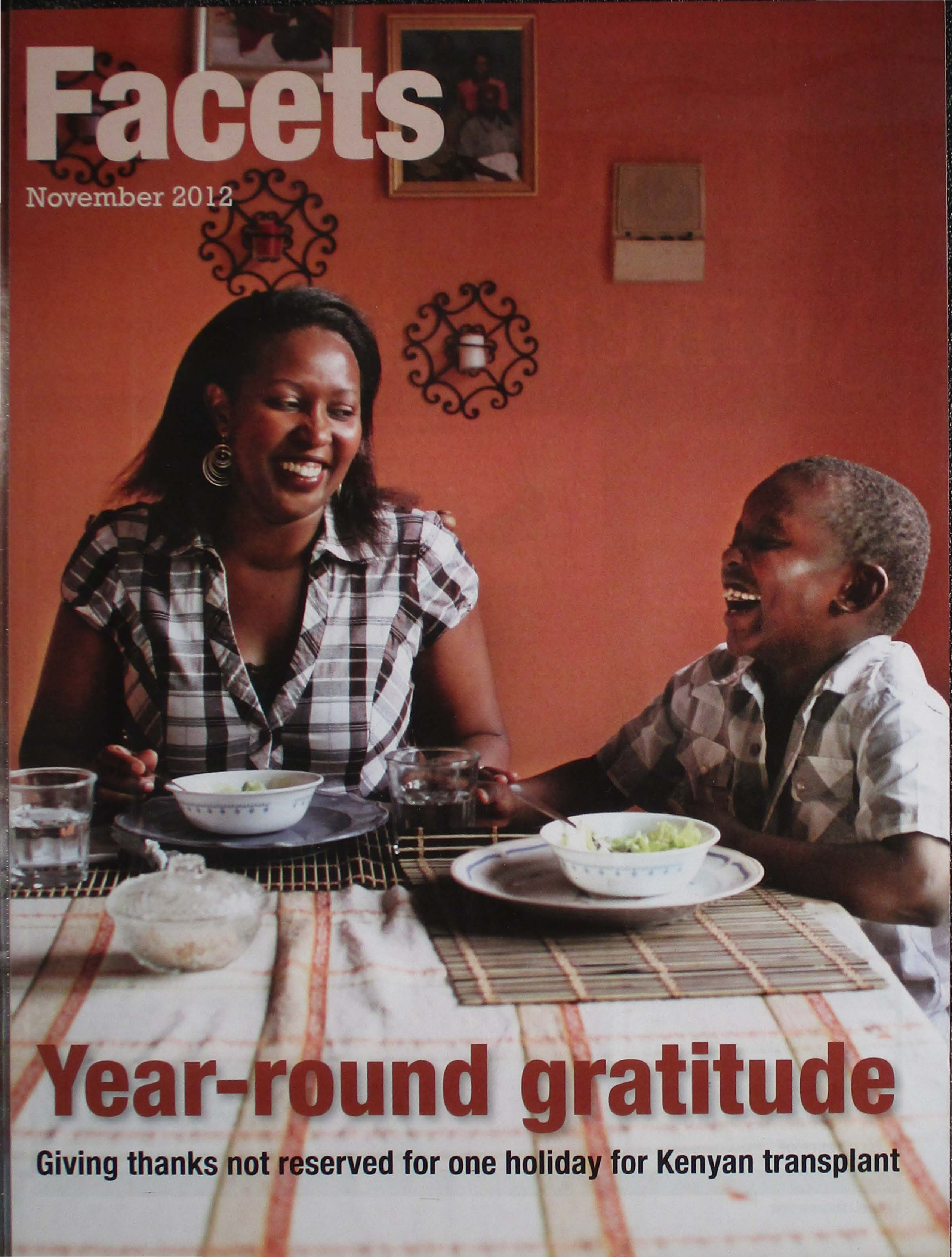


# Facets

November 2012



## Year-round gratitude

Giving thanks not reserved for one holiday for Kenyan transplant



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# Facets

**Facet** - n. 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.

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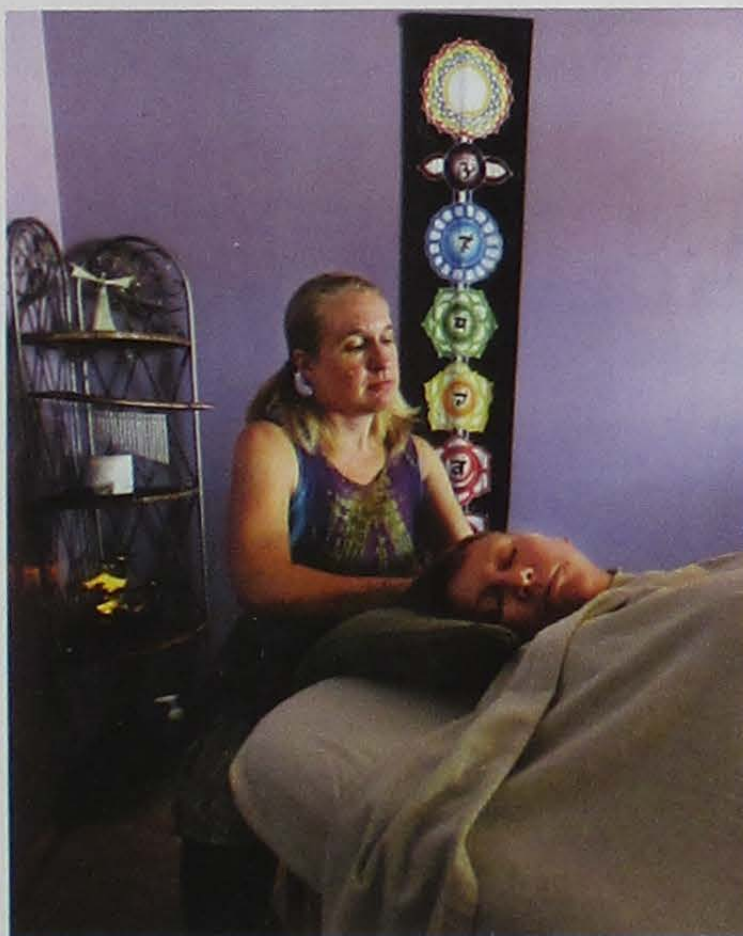
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## ON THE COVER

Rodah Runanu and her son, Alex, eat dinner together at their home in Ames.  
Photo by Amy Vinchattle

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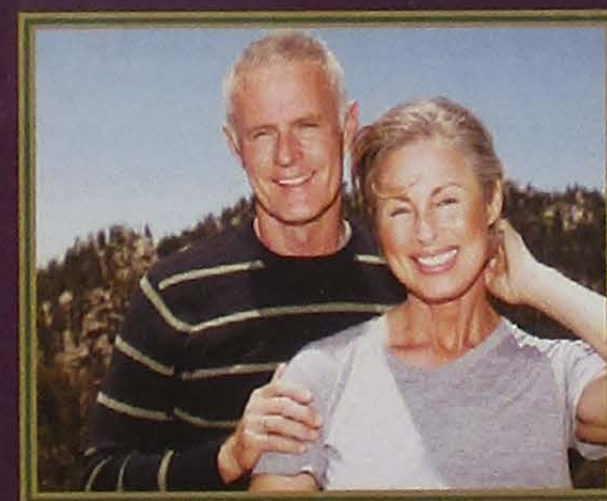


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# Finding gratitude after loss

Every Thanksgiving we could count on my grandpa claiming credit for the meal my grandma spent days preparing.

Ten years ago, the kitchen was somber and silent. Seated around my grandma's table, my family sat choked up and all losing the fight to hold back tears.

My Grandpa Butch passed away in September 2002. Thanksgiving was our first holiday without him and the stories and jokes he would tell without fail.

He had a heart attack that August and successfully underwent heart surgery, but a stroke a week later — a day before doctors were going to send him home — led to his death.

I was very close with my grandpa. After my mom met



JENNIFER MEYER

my stepdad, she and my sisters moved out of town at the end of my junior year of college. Before I graduated in May 2002, I spent one night every week with my grandma and grandpa.

My grandma cooked meals she knew I liked and helped with my laundry. My grandpa complained he wanted a "thin slice of roast beef" instead, though he actually liked whatever she cooked, and he and I

would watch hours of CNN together.

I didn't realize then how much that time meant to me. I was mad when he died because I never got to tell him. I was bitter because I got off work less than 10 minutes too late the Tuesday of his stroke, and instead of getting to tell him I loved him one more time, I walked in on doctors trying to resuscitate him.

I stayed with him for more than a day after he was taken off life support, then stood beside his hospital bed when he passed away.

Being there at that exact moment left a pain that is still hard to deal with, even 10 years later, but it's not a decision I would change. He and my grandma were always there for my sisters

and me, and I wanted to be there for him. I am thankful I could.

I am thankful I had 22 years to know him and spend time with him, 22 years to know he loved me and to let him know I loved him.

I am thankful for the time I can still spend with my grandma, Lois, who at 85 is active, intelligent and just an amazing and giving woman.

I won't lie and say there are not still a few tears when we sit down for holidays at the kitchen table and laugh over our favorite Butch stories.

But I am so thankful for those memories, and for the family with whom I still share them. ♦

Reach Facets Editor  
Jennifer Meyer via email  
at [jmeyer.facets@gmail.com](mailto:jmeyer.facets@gmail.com).

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— Amy Vinchattle, Facets photographer

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— Caroline Nichols, Facets contributor

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— Krista Wrage, owner, Studio7 Salon and Spa

#### USING EGGNOG AS COFFEE CREAMER

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— Kelly Spillman-Kramer, Facets contributor

#### INTERVAL WALKING

I started an interval walking program, and I am surprised and thankful I can actually run the fast intervals. Good health is a gift and one to be thankful for every day.

— Karen Petersen, Facets contributor

#### APPLE TV

I stopped subscribing to cable almost two years ago. With my Apple TV, I can stream shows off Netflix and watch seasons I downloaded from iTunes. It may be my gateway product toward a PC-to-Apple conversion.

— Jennifer Meyer, Facets editor



By Apple

#### Giving Thanks...

*I am thankful that I can keep up with my grandkids. I am thankful my back doesn't hurt from cooking all day. I am thankful to spend another holiday with my family. I am thankful for my health.*

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# Year-round gratitude

**Giving thanks not reserved for one holiday for cancer patient**

BY CAROLINE NICHOLS

**R**odah Runanu lived the first 19 years of her life in Kenya, a place where Christopher Columbus did not land and American Indians did not share agricultural secrets with Pilgrim settlers.

Gratitude has never been something Runanu celebrated during just one holiday in November.

"We cannot just wait for November to say thank you," she said. "Giving thanks, to me, is an ongoing thing."

Kenyans' closest celebration to Thanksgiving is Easter, Runanu said, because their gratitude stems from what God gave in Jesus Christ.

When she moved in 1994 to live with her sister in Ames, she struggled to make sense of her Kenyan traditions while living in a new country and attending Des Moines Area Community College.

"Once I got to know the cultural changes, I tried to adjust and fit," Runanu said. "Sometimes that's not easy; there are ups and downs."

Runanu completed her associate's degree. She later graduated from Iowa State University and has since worked at Mary Greeley Medical Center.

Runanu learned she had thyroid cancer in June 2011. She underwent two surgeries and radiation treatments, but she was still in disbelief about her diagnosis. When she was recently diagnosed a second time, the reality sank in that cancer would not be an easy battle.

"I thought I beat it, but apparently not. Now, I'm here again," she said. "The thought of going through what I already went through makes me think, 'Ah! God has to do something.'"

Doctors told her that thyroid cancer is one of the cancers with the best chances of survival, but Runanu's treatment has not been easy. Symptoms are unpredictable and frustrating, but she still finds cause for gratitude.

"I'm thankful it was detected early. I'm thankful I'm able to receive the treatment in this country," she said. "I think, because of it, I've become a better person and I value today more than tomorrow."

Staying positive is more than just a coping technique. Runanu wants to be a role model for her 6-year-old son, Alex.

"As a single mom, ... he is looking up to me, and he will copy what he sees," Runanu said. "I try to do the very best for him, because this child has no one else in the house but me to look upon."

The pressure of being a single parent weighed on Runanu as she was hospitalized four times and relied on others to care for Alex. Her sister drove from Illinois, and she also found support from friends she made in Ames.

"They are like my family," Runanu said. "My mom told me when I left (Kenya), 'The people you find there will be your new moms and dads and sisters and brothers.' ... I owe a lot of thank-yous to my friends. They have all been really incredible."

Runanu will spend this Thanksgiving with other Kenyans in Ames, taking the opportunity to share food and enjoy each other's company. And she will pause to think, like other Americans, about all the blessings in her life. ♦

*Reach Caroline Nichols  
via email at [caroline.m.nichols@gmail.com](mailto:caroline.m.nichols@gmail.com).*

**"We cannot just wait for November to say thank you.  
Giving thanks, to me, is an ongoing thing."**

**— Rodah Runanu, who grew up in Kenya  
and now lives in Ames**

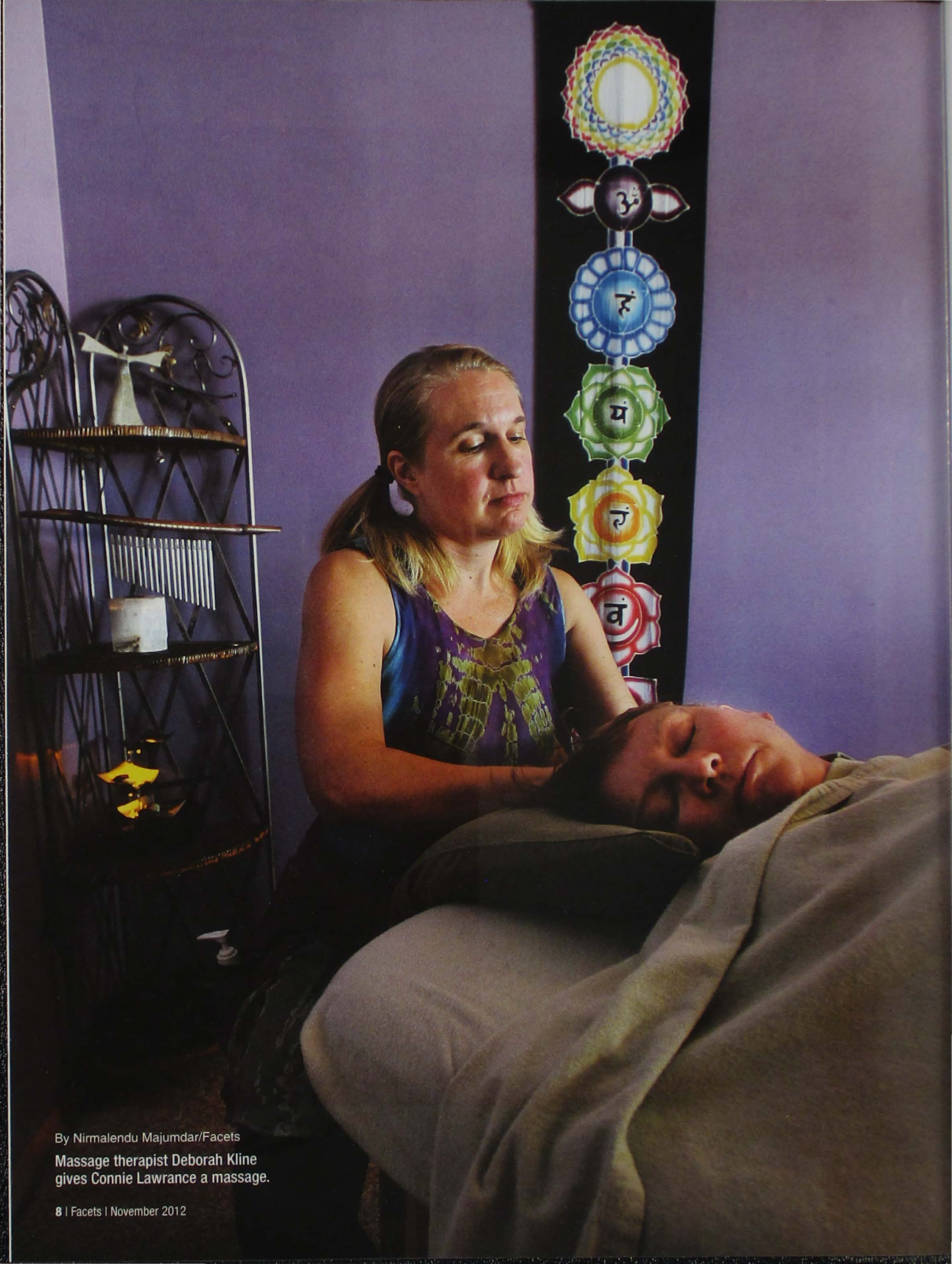




By Amy Vinchattle/  
Facets

Rodah Runanu and her son, Alex, spend time together at a park near their home in Ames. Runanu continues to work at Mary Greeley Medical Center while battling cancer for the second time.





By Nirmalendu Majumdar/Facets  
Massage therapist Deborah Kline  
gives Connie Lawrance a massage.



# Body of thanks

Massage therapist helps clients find inner calm, gratitude

BY KATHY HANSON

**D**eborah Kline has a long checklist of things for which she is thankful. A marriage with a 17-year history of love and support.

A vocation as a licensed massage therapist that gives her a sense of purpose, and enough clients to make it a real livelihood.

A newly acquired home in Ames, with a space for her business.

"The commute to work from Nevada is now off my to-do list," she said.

Plus, Kline has health, and myriad good relationships with friends and extended family.

"My life is finally coming together," she said. "But it's taken years of work and preparation."

A decade ago, Kline was struggling with her health. The disciplines she learned to get well, however, helped her cultivate so much thankfulness that she wants to share the possibility with others.

Kline turned to holistic wellness therapies after finding no relief through medication and psychotherapy, she said.

Acknowledging the skeptics who point out holistic medicine can't be validated scientifically, Kline said it's difficult to use a Western-style scientific method to explain why holistic remedies help people feel better.

"Science is about narrowing things down to a single point, and holistic medicine is about considering the whole," she said.

Kline said her recovery using holistic methods was so dramatic that she decided to become a licensed massage therapist and healing arts practitioner.

Ames psychologist Suzanne Zilber said Kline's therapies can help her clients restore their sense of well-being and gratitude.

Although researchers have just recently begun to amass a body of evidence on

"I want people to be thankful for their lives, to show them their inner light is there and how beautiful they are."

— Deborah Kline, massage therapist

such subjects as thankfulness and happiness, Zilber said, therapists often point people toward resources that might help them cultivate disciplines — as varied as prayer and even humor — to promote personal healing.

Zilber cited author Meg Barnhouse, who claims in "Waking up the Karma Fairy: Life Lessons and Other Holy Adventures" that being thankful is the only spiritual practice she can maintain.

"Gratitude is the one thing that has been working out so far," Barnhouse wrote in a humorous essay titled "Going Downhill."

Robert A. Emmons, of the University of California-Davis, is known for his research to correct what he claims is science's delay in studying the "concept of gratitude."

Emmons, who is engaged in a long-term

research project designed to "create and disseminate a large body of novel scientific data on the nature of gratitude, its causes, and its potential consequences for human health and well-being," calls gratitude the "forgotten factor" in happiness research.

On his website, Emmons says, "Religions and philosophies have long embraced gratitude as an indispensable manifestation of virtue, and an integral component of health, wholeness and well-being."

Kline said thankfulness for her recovery is her prime motivator for helping clients find inner calm.

Connie Lawrance, 58, who is the cheese buyer at Wheatsfield Cooperative in Ames, submits to a massage at Kline's hands every two weeks.

Lawrance describes Kline as "calm, gentle and thorough."

"All my jobs are hard on me physically," said Lawrance, who juggles her work at Wheatsfield along with managing a 30-acre farmstead with assorted livestock, teaching dance and nurturing a family comprising her husband, two grown children and two grandchildren.

"I've reached that point in life where I need to do something for myself in order to maintain a balance in all the work and relations in my life," she said.

Lawrance said sessions with Kline help her remain aware of how much she has for which to be thankful.

Kline said now that she is in a place where her gratitude isn't so often a process of reframing negative aspect of her life, she hopes to keep her focus by offering what has helped her.

"I want people to be thankful for their lives, to show them their inner light is there and how beautiful they are," she said. ♦

Reach Kathy Hanson via email at [hansonkathy@mac.com](mailto:hansonkathy@mac.com).



# Soul food

## Food at First volunteers thankful for opportunities program provides

BY KELLY SPILLMAN-KRAMER

**F**ood At First gives thanks every day for dedicated volunteers who staff the food shelf and free meal program at First United Methodist Church in Ames. Volunteers Naomi Friend and Patty Rewerts, however, say they are grateful for the opportunity Food At First has provided them to meet new people and help those in need.

"I came here because of the community," Friend said. "There's a lot of really cool people I've met, a lot of people who I never would have come into contact with. You meet people and you bond because you're cooking this great meal."

Friend said everybody needs assistance with something at some time in their lifetime, and Food At First allows her to use her love of cooking to help others.

Friend first began volunteering last fall with her church group and since then cooks almost every Friday and serves on the organization board.

What keeps her coming back every week are the people she has met, both volunteers and people who come to eat, she said.

"It's really a unique environment," Friend said. "It fosters this really different sense of community. Everybody wants to help."

Food At First Director Chris Martin said he also counts on Friend to help with creative projects, as a graduate student in ISU's art program.

"She has a very creative flair to her," Martin said. "She brings that creativity she uses in her artwork into the kitchen. She's a really valuable asset to the Food At First community."

Rewerts said she learned of the Food At First program four years ago from a friend and went to see what it was about.

"I really thought the program was neat, and I saw they needed help, so I decided to give of myself," said Rewerts, the branch manager of Ames Community Bank on Main Street and a former restaurant owner. "You should use the talents you're given, and one of mine is food preparation."

Rewerts goes to the free market at 3 p.m. on the Thursdays she cooks. When she

first started, there were times there was not enough donated food, so she used her own money to buy ingredients, she said. However, enough donated food is now available to serve the approximately 100 people she cooks for.

"That the Ames businesses donate so much is wonderful," Rewerts said.

Rewerts remembered planning to prepare her first meal. She was prepared to pay for and organize everything herself, but God stepped in to help at just the right time, she said.

"Before I even served my first meal, my church called and told me they were going to head a Food At First group," she said.

Rewerts said Food At First opened her eyes to needs present in her own back yard.

"We are so sheltered," she said. "We have our homes and our cars and our lives. It's really humbling to see how they have to survive ... and all they want to talk about is what I put in the food."

Before volunteering with Food At First, Rewerts said she did not realize how many people were in need of assistance. Now, she said, Food At First is a priority in her life.

"I fell in love with this program," she said. "Ames as a whole is impressive if you look at how many people and groups volunteer and how much food is donated."

Rewerts, of Nevada, also helps with the meals program in Nevada, which serves two nights a week at the United Methodist Church.

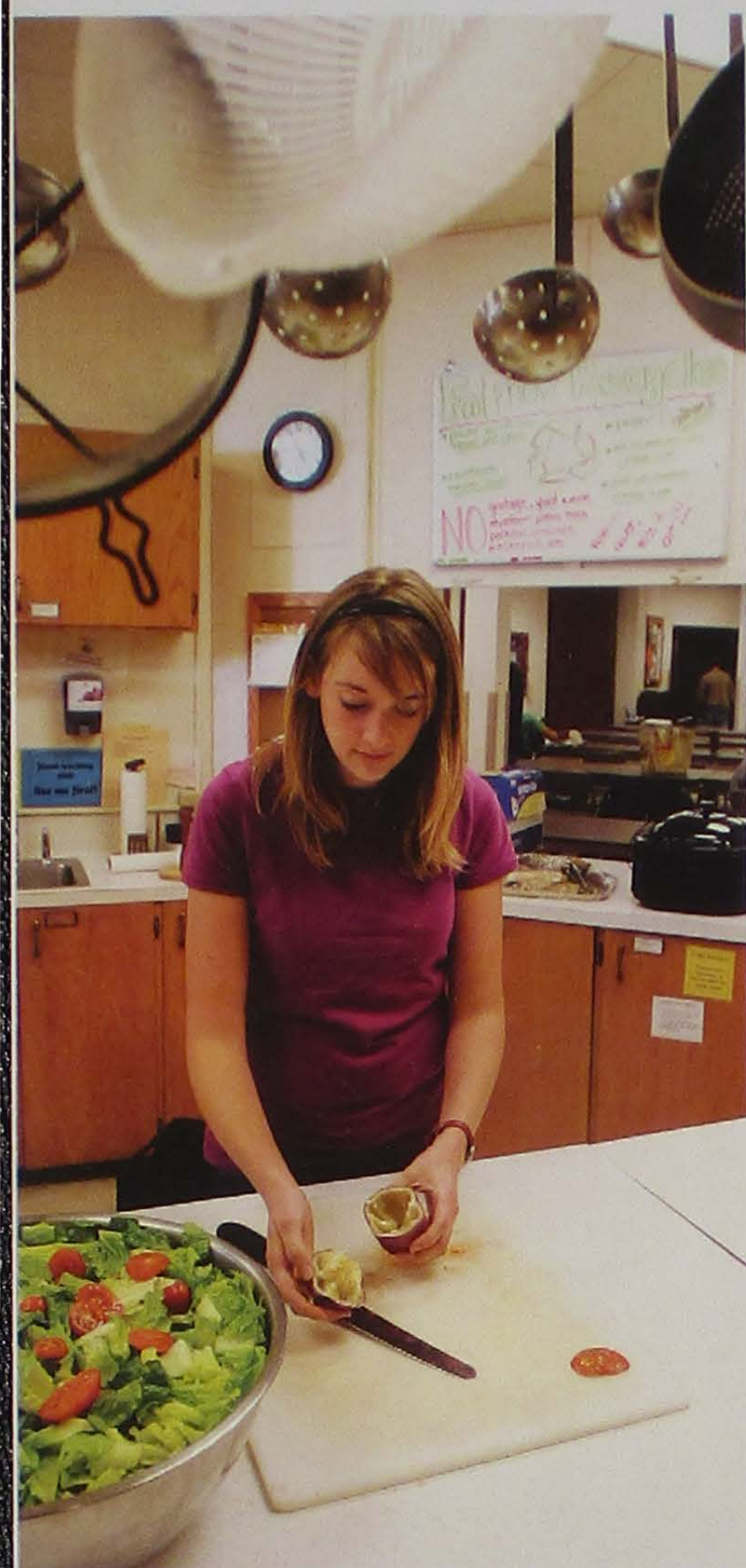
Martin praised Rewert's ability to prepare meals on even the busiest nights.

"She gives the meals a professional touch," he said. "She's really a queen. She's kind of an Iron Chef and a highly dedicated person."

Martin said volunteers like Friend and Rewerts make the Food At First the program what it is today.

"Our volunteers are really the most committed volunteers on the planet," he said. "When our people commit to doing something, they follow through." ♦

Reach Kelly Spillman-Kramer via email at [kel\\_300@hotmail.com](mailto:kel_300@hotmail.com).



By Nirmalendu Majumdar/Facets

Naomi Friend prepares a meal for Food At First.

### ABOUT FOOD AT FIRST

Meals at Food At First are served at 5:30 p.m. Sunday through Friday and at 11:30 a.m. Saturdays at First United Methodist Church, 516 Kellogg St. The food shelf is open at 5 p.m. Mondays and Thursdays at 116 Washington St. For more information about Food At First, visit [foodatfirst.wordpress.com](http://foodatfirst.wordpress.com).





By Nirmalendu Majumdar/Facets

Naomi Friend serves a meal with fellow volunteers at Food At First.

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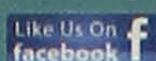
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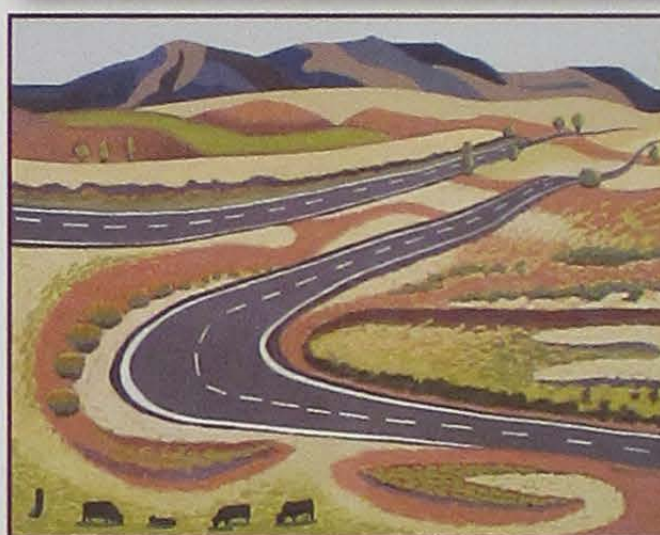
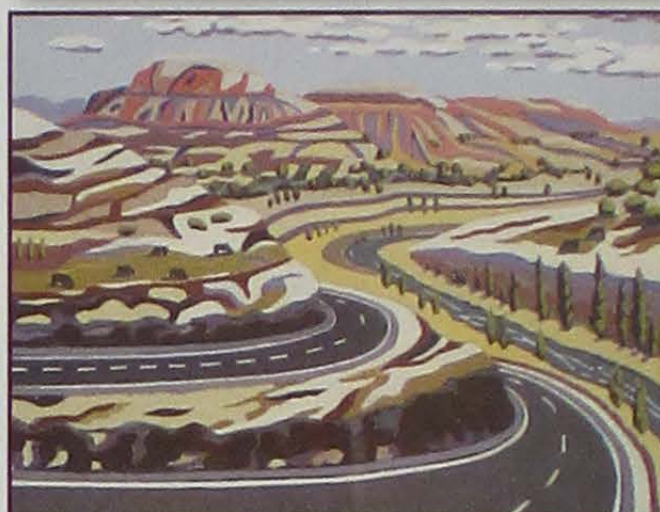
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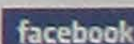
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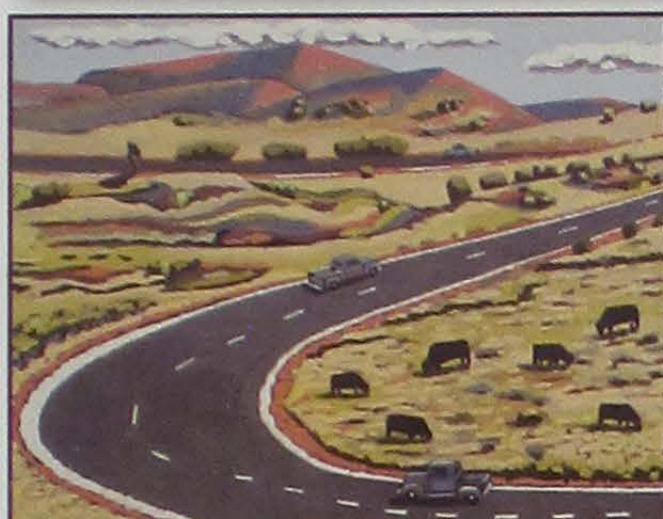
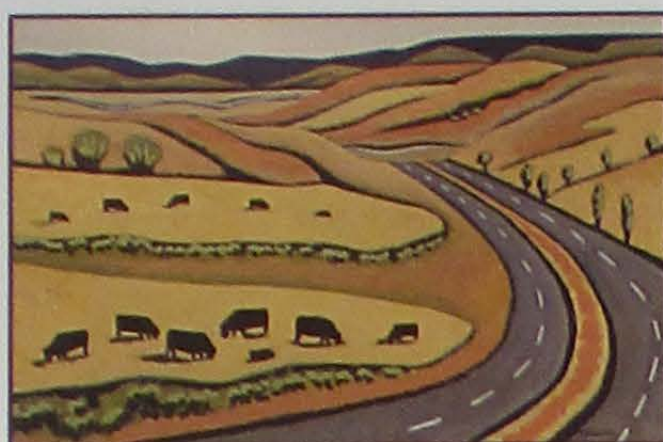


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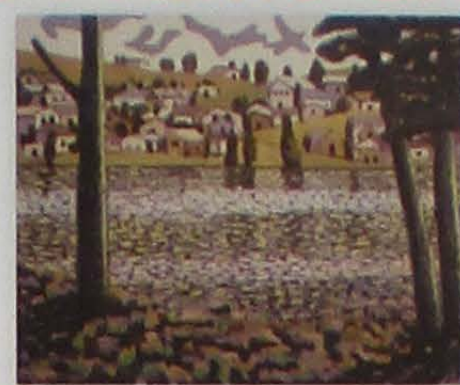
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beauty



By Ralf Nau/Digital Vision/Thinkstock

Rejoice if you are a brunette; you are the "it" thing right now.

## New trends to be thankful for

I am thankful for the ever-changing world of beauty in which I work. I am thankful for a world that appreciates individual beauty professionals who help us to be ourselves, only better.

I have been writing about this profession for almost a year now, and I want to share some new trends for which to be thankful.

Rejoice if you are a brunette; you are the "it" thing right now. Consider spicing up your tired or natural brunette with rich hues of gold, red or even purple. Never forget to keep it bouncy and shiny. There are more brunettes than any other natural hair color, but you can make your shade special with touches of targeted color.

Short styles are making a comeback. Miley Cyrus just made a dramatic change to very short hair. It can be blond like hers, but short styles also look terrific in red, gray and brunette. A short style compliments the angles in your face. For those of us with chubby cheeks, it can bring out our great smiles.

Ponytails are back on the runway. High, low or off-center is perfect for the winter season. If you have grown your hair out or have extensions, try to ponytail it many different ways. I particularly like the off-center, low ponytails I have been seeing in fashion

shows and around town.

Focus on your lips. Use a lip liner for definition, then apply lipstick and, finally, a lip plumper. They sell these tools everywhere. I especially love the lip plumper. Unfortunately, as we age, lips shrink, and plumper can renew them.

Also, don't forget your eyes. They smolder with color above and below the eye. The more dramatic the look, the better. Add eyelash extensions for more drama. Colors should be deep, rich and matched to your eyes or clothes.

If you are sagging below your chin, there are take-home masks to help minimize the problem. They tighten the skin below your chin, around your eyes and on your face. These masks can also be applied professionally.

Finally, the latest trend we've been seeing is not for the faint of heart. Your stylist can design an individual look by carving a section or all of your hair at the scalp or all over your head.

Thanks for reading my column and for letting me know what you think, and thanks to the professionals with whom I work and who share their knowledge with you through me. ♦

*Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at [MaryClareLokken@aol.com](mailto:MaryClareLokken@aol.com).*



**MARY CLARE  
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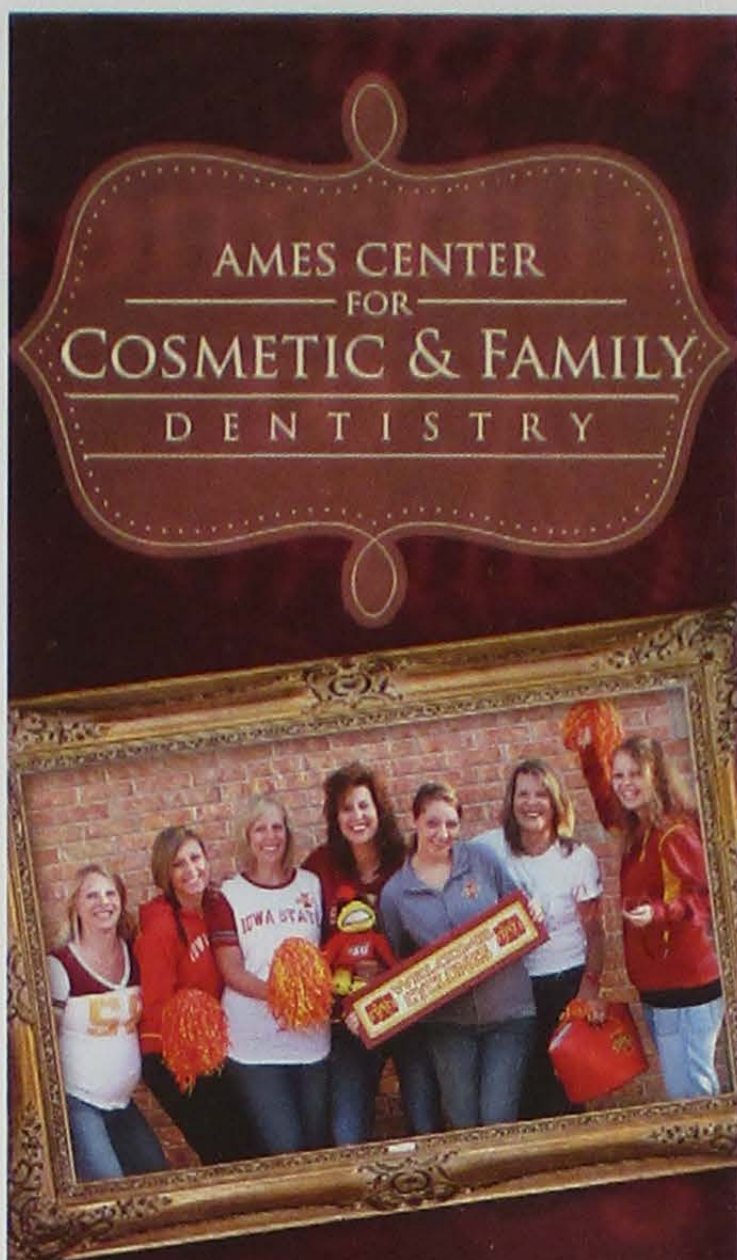
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## nourishment | THANKSGIVING



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# Serve superfoods this Thanksgiving

Pumpkins, sweet potatoes, cranberries, pomegranates and pecans will all soon appear on many Thanksgiving tables. These and many other foods we traditionally serve at Thanksgiving are surprisingly good for you and actually provide many health benefits.



**LAURA KIMM**

### SWEET POTATOES

One serving of sweet potatoes provides 377 percent of your daily vitamin A needs, important for eye health. Beta carotene, which your body converts to vitamin A, also may help protect against certain cancers.

### PUMPKIN

Also rich in vitamin A, pumpkin is another holiday superfood for eye health. It also contains special antioxidants that may protect against lung cancer.



By  
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## GLAZED SWEET POTATOES AND APPLES

Serves 6

### INGREDIENTS

6 medium sweet potatoes or yams (2 pounds), peeled and cut into 1-inch cubes  
2 Braeburn apples, cored and cut into 1-inch cubes  
1/2 cup packed brown sugar  
1/2 cup apple juice  
1 tablespoon honey  
3 tablespoons butter, melted  
1 teaspoon ground cinnamon  
1/2 teaspoon finely grated orange peel  
1/2 cup pecan pieces

### DIRECTIONS

Place sweet potatoes and apples in a 2- to 3-1/2-quart slow cooker. Mix together brown sugar, apple juice, honey, butter, cinnamon and orange peel. Spoon over sweet potatoes.

Cover and cook on low for 6-8 hours or high for 3 hours or until potatoes and apples are tender.

Meanwhile, cook nuts in an ungreased heavy skillet over medium-low heat 5-7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown and fragrant.

Sprinkle potatoes and apples with pecans to serve.

## CHUNKY APPLE-CRANBERRY SAUCE

Serves 6

### INGREDIENTS

2 pounds sweet apples (4 large)  
1/4 cup water  
1/4 cup sugar  
2 tablespoons maple syrup  
1/2 teaspoon cinnamon  
1/4 teaspoon salt  
1 cup fresh cranberries  
1/2 teaspoon lemon juice

### DIRECTIONS

Peel and core apples; cut into 1-inch chunks. Place in large pot with water, sugar, maple syrup, cinnamon, salt and cranberries. Bring a boil.

Reduce heat to medium-low; cover and cook 20 minutes or until apples are tender and sauce is thickened. Check halfway through cooking. If mixture is dry, add 2 tablespoons water.

Uncover pot and mash apples with fork until pulpy. Stir in lemon juice.

### CRANBERRIES

Cranberries rank third on the U.S. Department of Agriculture's list of top antioxidant-containing fruits and vegetables. The antioxidants in cranberries may help increase HDL, or "good," cholesterol, prevent urinary tract infections and reduce the risk of Alzheimer's disease.

### POMEGRANATES

This festive red fruit is loaded with powerful antioxidants, which help protect cells from damage that may lead to disease and premature aging.

### PECANS

Nuts — including pecans, walnuts and almonds — contain heart-healthy monounsaturated fat. Pecans also contain disease-fighting antioxidants and vitamin E. ♦

*Laura Kimm, RD, LD, received her bachelor's degree from the University of Iowa and completed her dietetics coursework and dietetic internship at Iowa State University. Laura works at Hy-Vee as a registered dietitian. Reach her via email at [lkimm@hy-vee.com](mailto:lkimm@hy-vee.com).*

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# Know where you are going

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English author Lewis Carroll, famous for writing "Alice's Adventures in Wonderland" and its sequel "Through the Looking-Glass," wrote, "If you don't know where you are going, any road will get you there."

Do you go to work each day just to "get by," or is it to thrive today and create a specific future lifestyle? It is easy to get caught up in all the daily needs and activities. After your job, family activities, healthy meals, cleaning soccer uniforms and putting gas in the car, there are some days when there is no time or energy left to think about the future.

At the end of the day, it is easy to forget that we are working for more than just today. The choices we make today create the future we want. You can have a good life today by enjoying work and family while at the same time planning for long years of wonderful retirement.

Each choice we make today determines the financial viability of our future life. It is important to know where you want to go, so you can take the right road to get there.

Please consider the following questions that could have an effect on your satisfaction in retirement. Rank them from one to seven, with one not at all important to seven being very important.

**1. Amount of retirement income**

1 2 3 4 5 6 7

**2. Age at which you retire**

1 2 3 4 5 6 7

**3. Short-term fluctuation of your retirement investments**

1 2 3 4 5 6 7



**KAREN  
PETERSEN**

**4. Inflation and taxes**

1 2 3 4 5 6 7

Now rank your answers. Which of the four areas is most important to you? What actions can you take today, based on how you rank the four factors, to create your personal retirement?

- If amount of retirement income is high on your list, now is a good time to determine how much income you will want and if you are saving enough today.

- If you want to retire early, it is important to identify what qualifies as "early." Once you know when you want to retire, consider your retirement income sources and what you need to do today to make an early retirement happen.

- Fluctuations in your long-term retirement investment portfolio are likely; explore the methods you can use to isolate some portion of your investment assets to provide income with minimal risk of fluctuation.

- If you haven't ranked inflation and taxes as an important issue to consider, you may want to re-think. Consider this: If your annual expenses are \$40,000 with 3 percent inflation, in 20 years your expenses will be more than \$72,000. And no one knows about taxes.

There are many areas to consider as you plan your future retirement years. This is a good start.

When you understand how you feel about retirement and have considered the unknowns, you can choose the path that works for you. Now is the time to plan your path, choose the right road and begin the journey ... because life is more than money. ♦

Karen L. Petersen, CFP® CDFATM, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or [karen@mymorethanmoney.net](mailto:karen@mymorethanmoney.net).



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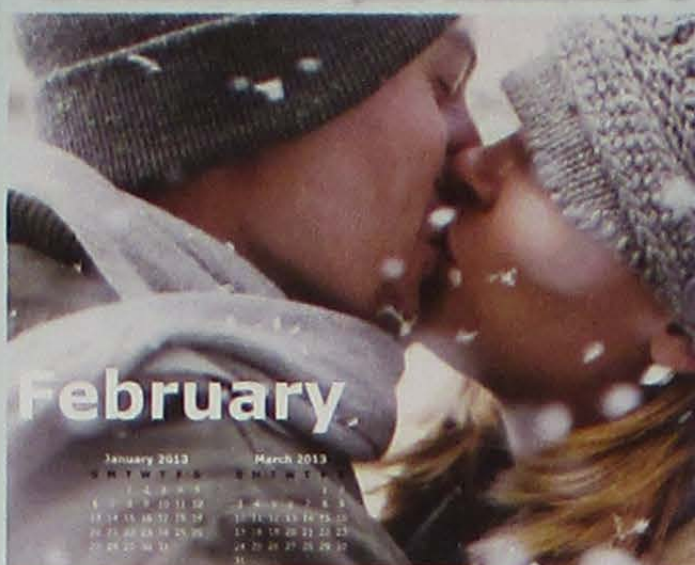
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# Cancer can't stop this iron woman

The days following Sept. 11, 2008, were filled with unwanted doctor appointments and decisions for Tess Balsley, of Ames.

Balsley went that day for her annual mammogram, after which her doctor ordered a same-day ultrasound. Balsley was eventually diagnosed with cancer.

As she weighed her options, Balsley considered how her treatment would affect the Ironman triathlon, less than two months away, for which she was training.

This Nov. 25, Balsley will participate in the Ironman race in Cozumel, Mexico, but it won't be her first.

Balsley's doctors were supportive of her continuing to train for the triathlon. Following surgery on Oct. 1, 2008, she rested for 10 days and then was given the green light to bicycle, run and swim as soon as she was comfortable.

It was a mysterious time for Balsley, she said.

"How can I have cancer?" she recalled thinking. "I feel good; I'm out here (riding). It must be gone."

Training may have saved her life. Trouble she experienced moving her arm while swimming revealed a blot clot that otherwise might have gone undetected.

Balsley's doctors ordered radiation and chemotherapy after discovering her tumor grew back.

There was a six-week optimal window between surgery and the start of chemotherapy, and Balsley's Ironman event did not conveniently fit the schedule. She had a decision to make: Start therapy before the event and risk losing the year of training she'd invested, or gamble with time and begin immediately after the triathlon.

Balsley chose to delay treatment, with unexpected support from doctors, family and friends. She completed a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile marathon.

After a brief celebratory hike up a mountain in Tempe, Ariz., Balsley returned home

and started chemotherapy.

But neither her race nor treatment stories end there.

Before her diagnosis, Balsley had registered for the Ironman Coeur d'Alene in Idaho in June 2009. For a healthy individual, two Ironman races in a single year, let alone six months, is no small feat.

Balsley faced an added challenge: chemotherapy from Thanksgiving through Valentine's Day.

As a joke, Balsley and her husband, Rich, gave each other lottery tickets at Christmas for a chance to win registration for the granddaddy of Ironman competitions in Hawaii. A select few winners were announced April 15.

Balsley's ticket was a winner, and when you are an Ironman athlete, you go, she said.

Each day of chemotherapy, Balsley's mantra was "do what you can until it's over."

She rarely missed a day walking her dog, Rocky. Her canine therapy was her only exercise on some tough days.

She competed in the Coeur d'Alene as well as Hawaii events.

Her husband said training was a form of treatment for Balsley.

"I think in a way it gave her something to focus on (other than the cancer)," he said.

Nearly two years from Balsley's diagnosis, her sister Anne, of Colorado, detected a lump in her breast in September 2010. The sisters trained in 2011 in their respective states, then competed together in Ironman Arizona as a fundraiser for the Susan G. Komen Breast Cancer Foundation.

The sisters continue to help raise funds for breast cancer advocacy.

"Don't wrap yourself around cancer," Balsley said. "Live your life."

Balsley will give thanks this year for being alive, her family, happiness and health — all while competing in Ironman. ♦

*Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.*

*Reach her via email at [PTDirector@amesracfit.com](mailto:PTDirector@amesracfit.com).*



**DEBRA  
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## MOVE OF THE MONTH



### PLANK CRUNCH

If you want ground-breaking results, you have to break the rules. Take your old crunch and turn it upside down. From a plank position (1), attempt to bring your knee toward your chin (2). Repeat with the other leg and continue to alternate.

The details:

Make sure you return to a flat plank each time.

Focus on bringing your ribs and hips closer together; rounding your back. Your head will follow your back, but not lead the exercise.

Exhale as the knee comes in.

Keep your shoulders above your hands; you may have a tendency to press away from your hands.

Do as many as you can before you lose form.

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# faceted woman | ELLEN MULLEN

**Name:** Ellen Mullen

**Position:** Senior lecturer at Iowa State University College of Business and dance instructor at Robert Thomas Dancenter

**Family:** Daughters Liz, 17; Leanna, 17; and Allie, 15

## What would you do with \$1,000 to spend on yourself?

Like many moms, I find it hard to spend much money on myself, but I think I would spend \$1,000 on a trip. However, to enjoy that trip, I would have to take my daughters!

**"I'm going to have to live a long time to get everything on my bucket list done."**

## Your favorite meal:

A meal with people I love and a meal someone else prepared, so I can simply relax and enjoy the wonderful food with people whose company I enjoy.

## Your favorite motto:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered; it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes; always perseveres.



Photo courtesy of Ellen Mullen

## ◆ DO YOU KNOW A FACETED WOMAN?

Nominate her at [www.facebook.com/facets](http://www.facebook.com/facets) magazine.

— 1 Corinthians 13:4-7

## What have you accomplished that has made you proud?

As a parent, I'm very proud of my daughters and their accomplishments, choices, values and beliefs. I don't know for sure how much I have to do with that, but I'm happy with the people

they've become!

## If you could do or be anything you want, what would it be?

I'm going to have to live a long time to get everything on my bucket list done. Besides teaching and the many things on my list, I want to do new kinds of choreography, and someday

write a book, own a business, work at the YMCA of the Rockies and go to seminary.

## My idea of a nightmare job:

I don't know of a particular job that would necessarily be a nightmare, but in general I need to work with people, and I need to feel empowered to make meaningful contributions and have a voice.

## My simplest pleasure:

Family time is always a pleasure, no matter what we are doing. A special time in our house is at the end of the day when my daughters and I are hanging out. They are doing homework, and I am doing work-related things, but there are always lots of study breaks for chatting and laughter.

## When I am an old lady:

I think it's important to elderly people to still feel valued and significant. I hope to not ever be put out to pasture. My mom used to say, "I'm the same young person inside, even though my body is older." I definitely get that.

## I am thankful for:

I am most thankful for great daughters who are all happy and healthy, and I am also thankful for the opportunity to feel as though I make a difference in others' lives, to interact with great people and to have opportunities to be creative.

## Favorite wardrobe staple:

My daughters tell me I am in a scarf phase. I do love a good scarf. ♦



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# Pumpkin

A Holiday Superfood

## Did you know?

- Did you know that pumpkin is an ingredient used for more than pumpkin pie?

## Pumpkin

- Is a fruit in Vitamin A, Vitamin C and potassium which may help delay the onset of hardened arteries
- Is a good source of fiber that can help curb your appetite
- Has seeds that are a healthy source of zinc which can promote prostate health

## Easy to use

- Substitute canned pumpkin for the oil and eggs in baking mixes
- Roast pumpkin seeds with olive oil and use for snack mixes and on salads
- Blend roasted and pureed pumpkin into Greek yogurt, cottage cheese or oatmeal
- Use it to make perfect smoothies or protein shakes

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## Banana-Pumpkin Smoothie

### All you need

1 or more bananas, fresh or frozen  
1/2 cup nonfat vanilla yogurt  
1/2 cup fat-free milk  
1/2 cup 100% - pure pumpkin puree  
1-1/2 teaspoons pure maple syrup  
1/4 teaspoon ground cinnamon  
5 ice cubes

### All you do

Place all of the ingredients in a blender and puree until smooth and frothy.



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